

## ***Additional Task - Gluten***

This additional question should be added in one of the training sessions according to available time.

Please include the correct solution into the corresponding feedback-sheet

### Task x-v

There are people who react with indigestion, diarrhea or other intestinal symptoms after eating certain cereals.

People suffering from this disease cannot tolerate **gluten**, a natural protein in cereal crops such as wheat, rye, barley, oats, kamut, spelt, and hybrids of these cereals. The disease is called coeliac disease, sprue or gluten-sensitive enteropathy.

**Which of the following statements about gluten are right or wrong?**

*Please mark accordingly.*

	right	wrong
<b>Gluten is destroyed by heat. This is why people with coeliac disease may eat bread, noodles and cooked grain without any concern.</b>	<input type="radio"/>	<input type="radio"/>
<b>Gluten is a group of natural proteins in cereals like wheat, rye or barley. Its function can be described as helping baked goods to stick together and not fall apart. Therefore it is quite useful.</b>	<input type="radio"/>	<input type="radio"/>
<b>Gluten might irreversibly damage the intestines of a person suffering from coeliac disease.</b>	<input type="radio"/>	<input type="radio"/>
<b>Gluten is only dangerous for people suffering from coeliac disease. For healthy people, these proteins are harmless and gluten is digested without any problem.</b>	<input type="radio"/>	<input type="radio"/>
<b>People with this kind of hypersensitivity must avoid gluten in their diet. Even small amounts may cause a relapse (e.g. malt from barley in beer)</b>	<input type="radio"/>	<input type="radio"/>

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Results / Comments:

*To add to Feedback Sheet of the respective training session:*

Correct answers:

Comments by supervisor:

<u>Task x-y</u> All statements besides the first one are correct. <b>Note: People with coeliac disease must usually avoid certain cereals during their whole life. They supplement their diet with other cereals like rice, corn, millet or buckwheat, which do not contain gluten.</b>	
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